

# EPIC RESET

## Rebuild Your Life After Cancer

A practical framework to restore energy, resilience, and confidence after treatment.

### THE REALITY NOBODY TALKS ABOUT

Cancer treatment can save your life — but it often leaves you feeling like a different person. Many survivors are told they're "fine" medically, yet they're still dealing with:

- Fatigue and low stamina
- Disrupted sleep and nervous system stress
- Reduced capability and confidence
- Loss of identity ("I don't feel like me anymore")

**Medical recovery is not the same as functional recovery.** Epic Reset exists to close that gap - safely, progressively and with a clear plan.

### THE 7 RULES OF CANCER RECOVERY



These rules are the foundation of how recovery should be approached after cancer treatment

### THE 7 REBUILD LEVERS

**Epic Reset is not about pushing harder. It's about rebuilding capability step-by-step using these practical levers:**

- 1. Capacity Rebuild** - Restore basic stamina and movement tolerance so daily life stops feeling hard.
- 2. Functional Strength (done safely)** - Rebuild strength that supports posture, balance, joints and confidence - not ego.
- 3. Fatigue Intelligence** - Understand your signals and progress without triggering crashes or setbacks.
- 4. Recovery Engineering** - Sleep, nervous system recovery, stress load and routines - the engine of rebuilding.
- 5. Nutrition Foundations** - Simple, realistic nutrition that supports energy stability and tissue rebuilding.
- 6. Confidence + Body Trust** - Stop fearing your body. Rebuild trust through measurable, safe progress.
- 7. Identity + Momentum** - You don't just regain fitness; you regain agency, self-respect and direction.

### THE OUTCOME

What changes for you? You stop guessing. You stop swinging between fear and overdoing it. You follow a plan - and your body responds. Epic Reset gives you structure, guidance and progression - until you feel like you again.

### READY TO BRIDGE THE GAP?

If this feels like you, message me **RESET** and I'll send you:

The Epic Reset Framework | The 6-Week Journey Outline | How To Get Started